

PINNACLE

S P O R T S D E V E L O P M E N T

ONLY 10
SLOTS PER
LEVEL!
SIGN UP NOW!

SPEED & ACCELERATION CAMP

**IMPORTANT NOTE: ONLY 10 SLOTS PER LEVEL/AGE GROUP AVAILABLE!*



RESEARCH SHOWS PLAYERS WHO ACCELERATE QUICKLY ON SKATES ARE ALSO QUICK SPRINTERS OVER A SHORT DISTANCE.

AVAILABLE TO ATHLETES OF ALL SPORTS

COME JOIN PINNACLE SPORTS DEVELOPMENT AND CERTIFIED STRENGTH & CONDITIONING SPECIALIST (CSCS) ADAM LEJA, AND LEARN THE ACCELERATION & SPEED MECHANICS TO MAKE YOU FASTER!

DEC. 20-22

SQUIRTS 8AM-10AM

PEEWEEES 10:30AM-12:30PM

BANTAMS 1PM-3PM

MIDGETS 3:30PM-5:30PM

**\$125 FOR ALL 3 DAYS PLUS A PINNACLE T-SHIRT
\$50 PER DAY IF YOU DO NOT SIGN UP FOR ALL 3 DAYS.**

EMAIL: ADAM@PINNACLESPORTSDEVELOPMENT.COM

PHONE: 847-844-1217